

WELCOME

Good morning/ evening, and welcome to St Mary's Parish.

The flesh and blood Jesus gives us as food and drink is the same flesh and blood offered on the cross and raised in the resurrection. To partake in his flesh and blood challenges us to participate in his dying and rising.

Please say "hello" to those next to you, and if you do not know those seated near you, introduce yourself and say "hello."

We now keep in mind our sick brothers and sisters, especially those in our newsletter.

Our presider this morning/evening is -

Please join us as we begin with the Processional Hymn.

First Reading

Deuteronomy 8:2-3, 14-16 (JB)

A reading from the book of Deuteronomy

He gave you food which you and your ancestors did not know.

Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart - whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

'Do not then forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.'

The word of the Lord.

Thanks be to God.

Responsorial Psalm

Ps 147:12-15, 19-20 (JB)

R. Praise the Lord, Jerusalem.

O praise the Lord, Jerusalem!

Zion, praise your God!

He has strengthened the bars of your gates,
he has blessed the children within you. **R.**

He established peace on your borders,
he feeds you with finest wheat.

He sends out his word to the earth
and swiftly runs his command. **R.**

He makes his word known to Jacob,
to Israel his laws and decrees.

He has not dealt thus with other nations;
he has not taught them his decrees. **R.**

Second Reading

1 Corinthians 10:16-17 (JB)

A reading from the first letter of St Paul to the Corinthians

Though we are many, we form a single body because we share this one loaf.

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

The word of the Lord.

Thanks be to God.

Gospel Acclamation

John 6:51-52 (JB)

Sequence

Sing forth, O Zion, sweetly sing
The praises of thy Shepherd-King,
In hymns and canticles divine;
Dare all thou canst, thou hast no song
Worthy his praises to prolong,
So far surpassing powers like thine.

Today no theme of common praise
Forms the sweet burden of thy lays -
The living, life-dispensing food -
That food which at the sacred board
Unto the brethren twelve our Lord
His parting legacy bestowed.

Then be the anthem clear and strong,
Thy fullest note, thy sweetest song,
The very music of the breast:
For now shines forth the day sublime
That brings remembrance of the time
When Jesus first his table blessed.

Within our new King's banquet-hall
They meet to keep the festival
That closed the ancient paschal rite:
The old is by the new replaced;
The substance hath the shadow chased;
And rising day dispels the night.

Christ willed what he himself had done
Should be renewed while time should run,
In memory of his parting hour:
Thus, tutored in his school divine,
We consecrate the bread and wine;
And lo - a Host of saving power.

This faith to Christian men is given -
Bread is made flesh by words from heaven:
Into his blood the wine is turned:
What though it baffles nature's powers
Of sense and sight? This faith of ours
Proves more than nature e'er discerned.

Concealed beneath the two-fold sign,
Meet symbols of the gifts divine,
There lie the mysteries adored:
The living body is our food;
Our drink the ever-precious blood;
In each, one undivided Lord.

Not he that eateth it divides
The sacred food, which whole abides
Unbroken still, nor knows decay;
Be one, or be a thousand fed,
They eat alike that living bread
Which, still received, ne'er wastes away.

The good, the guilty share therein,
With sure increase of grace or sin,

The ghostly life, or ghostly death:
Death to the guilty; to the good
Immortal life. See how one food
Man's joy or woe accomplisheth.

We break the Sacrament, but bold
And firm thy faith shall keep its hold,
Deem not the whole doth more enfold
Than in the fractured part resides
Deem not that Christ doth broken lie,
'Tis but the sign that meets the eye,
The hidden deep reality
In all its fullness still abides.

Behold the bread of angels, sent
For pilgrims in their banishment,
The bread for God's true children meant,
That may not unto dogs be given:
Oft in the olden types foreshowed;
In Isaac on the altar bowed,
And in the ancient paschal food,
And in the manna sent from heaven.

Come then, good shepherd, bread divine,
Still show to us thy mercy sign;
Oh, feed us still, still keep us thine;
So may we see thy glories shine
In fields of immortality;
O thou, the wisest, mightiest, best,
Our present food, our future rest,
Come, make us each thy chosen guest,
Co-heirs of thine, and comrades blest
With saints whose dwelling is with thee.

Alleluia, alleluia!

I am the living bread from heaven, says the Lord;
whoever eats this bread will live for ever.

Alleluia!

Gospel

John 6:51-58 (JB)

A reading from the holy Gospel according to John

My flesh is real food and my blood is real drink.

Jesus said to the Jews:

'I am the living bread which has come down from heaven.

Anyone who eats this bread will live for ever;

and the bread that I shall give

is my flesh, for the life of the world.'

Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied:

'I tell you most solemnly,

if you do not eat the flesh of the Son of Man

and drink his blood,

you will not have life in you.

Anyone who does eat my flesh and drink my blood

has eternal life,

and I shall raise him up on the last day.

For my flesh is real food

and my blood is real drink.

He who eats my flesh and drinks my blood

lives in me

and I live in him.

As I, who am sent by the living Father,

myself draw life from the Father,

so whoever eats me will draw life from me.

This is the bread come down from heaven;

not like the bread our ancestors ate:

they are dead,

but anyone who eats this bread will live for ever.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

General Intercessions

Celebrant: Let us ask God, our guide and protector, to be mindful of us in our need.

Reader:

1. Let us pray that those who lead the churches will help us live as the one body of Christ, **(Pause)** We pray to the Lord.
2. Let us pray that national and local government officials will satisfy the human hunger for peace and justice, **(Pause)** We pray to the Lord.
3. Let us pray that those who suffer in body and spirit will be gladdened by many signs of divine and human love for them, **(Pause)** We pray to the Lord.
4. Let us pray That this assembly will delight in Christ's gift of himself in the Eucharist, **(Pause)** We pray to the Lord.
5. Let us pray for Harrison Grant Williams and Hamish Noel Leo Kane who are to be Baptised into the Catholic faith this weekend. May they always be close to God in this life and with Him in eternal joy. **(Pause)** We pray to the Lord.
6. Let us pray for those who have passed into eternal life, and those whose anniversary of death occurs at this time. We also pray for those who have no one to remember them in their prayers. May they find eternal rest and comfort within God's own life and love. *Together we pray* (All) Eternal rest grant unto them O Lord! And let perpetual light shine upon them. May they rest in peace. Amen. **(Pause)** We pray to the Lord.

Celebrant: God our Father, as you fed your people with manna on their desert journey, hear our prayers for new life in him, this day and every day, both now and for ever. Amen.